

# Here are your free gifts:



5 TOP TIPS  
On Raising  
**Bilingual**  
Children

**FREE**

HOW TO BEAT  
THE MUM GUILT

The 7 Day Parenting Journal  
for Muslim mothers



Parenting  
with Allah by my side

FREE



**BARAKH POEM**

WRITTEN BY IRAM BINT SAFIA FROM  
PARENTING UNCOMPLICATED



**A FREE  
GUIDE  
TO**

The Prayer الصلاة



**MY MOON**  
LEARNING • COMMUNITY • MARKETPLACE



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Parenting  
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[www.LoveLearningOnline.co.uk](http://www.LoveLearningOnline.co.uk)'s

Guide to home educating  
children of ages 3-5



**Parenting**  
with Allah by my side



## **BARAKHA POEM**

WRITTEN BY IRAM BINT SAFIA FROM  
PARENTING UNCOMPLICATED

Start your day with dhikr and shukar,  
Recite sunnah morning duas together,  
These are like your cape of protection,  
Salah and Quran with Allah are your connection,  
We start our day with a good intention,

Through out the day we learn and play,  
We take care of each other in a kind way,  
We share our worries with Allah when we pray,  
Ya Allah protect my heart, my actions and my tongue,  
Ya Allah make me mindful of what I do and say,

Smile it's sadaqah,  
Follow Sunnah,  
It brings barakah

These everyday habits one day will be  
The ticket to Jannah Al Firodus you see!



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# Guide to home educating children of ages 3-5



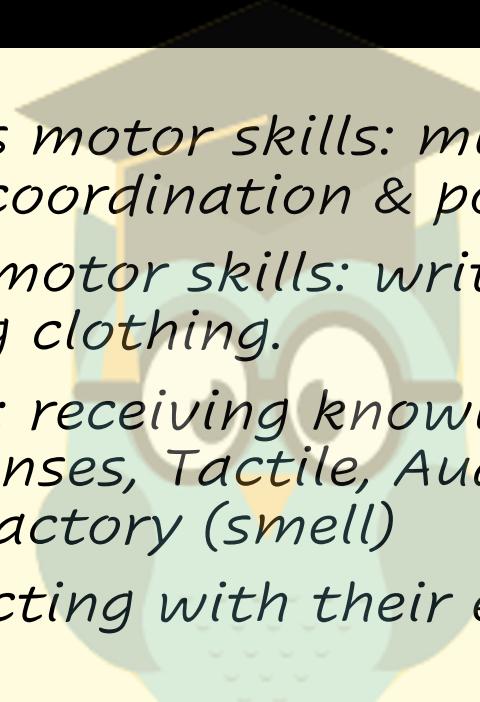


# What is in this guide?



- *We put this guide together for you to give you an idea of what to teach your 3-5-year-olds according to the British EYFS system*
- *Remember that little ones thrive on familiarity and love playing the same games repeatedly.*
- *The more accustomed they are to a concept the more likely they are to build connections in their mind. When you're playing with them make sure they think it's a 'game!'*
- *Aim to use these activities for 2 sessions of about 20-30 mins a day with them. Filling in the other time with baking, cooking, outdoor play, physical activity, field trips and life!*

# *What should you be aiming for?*



-  Practicing their gross motor skills: muscle strength, endurance, balance, coordination & postural control.
-  Practicing their fine motor skills: writing, grasping small objects and fastening clothing.
-  Making observations: receiving knowledge of the outside world through our senses, Tactile, Audible, Visual, Gustatory(taste,) Olfactory (smell)
-  Being outside: interacting with their environment and playing
-  Verbal skills: Talk about what they are doing or thinking / Tell stories about your own personal experiences / Ask "who" and "why" questions.

# *Writing their name*

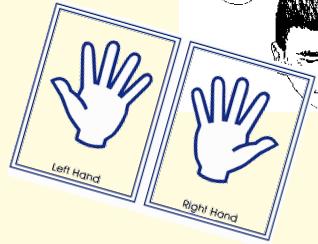
- Let them trace their name in different materials,
- When playing with tuff trays use objects to spell their names
- In the bath use bubbles or coloured paint
- Chalk outside – hopscotch, squares, circles, floor is lava,
- Have their name written in a prominent place for visual reminder but don't worry too much
- When you write their name indicate the sounds of the letters, so they learn how to spell it but again don't force the idea – just repeat every now and again



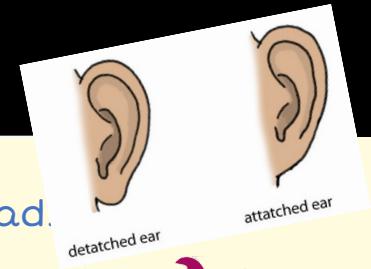


- Indicate the parts of the body to them while playing, bathing, swimming. [Template](#)
- [Sing songs](#)
- Children of this age love to hear stories about themselves so read to them but change the names of characters to their names.
- Talk [about the family](#), who is older, younger, adults, other children, common [family traits](#) so they have a sense of belonging
- Try to meet friends with children so they get the idea of playing together but don't worry if they take time to play or don't share – these are all learnt behaviours and it will take time.

# Common Family Traits:



**Earlobe attachment** - Earlobes appear either attached from or detached to the side of your head.



**Eye color** - A quick eye color genetics explanation shows that brown is the most common eye color while green is the most unique.



**Freckles** - Genes control the number and appearance of freckles on your face.

**Hairline shape** - You could inherit a widow's peak where your hairline comes to a point or a straight hairline.

**Hair texture** - Inheritance patterns are not highly predictable, but curly/straight hair runs in families



**Right handedness** - The preference for using the right hand is more common than the preference for using the left hand.

**Tongue rolling** - The ability to curl up your tongue into a tube shape is more common than not being able to do it.



# All about Animals



- At this age animals are a huge part of their lives and they enjoy talking about them and playing with them.
- Look for a good set of animals to play with as you can use them in literally every topic they will study and will bring a sense of real life into the lessons. Think about a durability because these will last until your youngest is at least 10!
- Consider a pet, looking after a pet is a really good way of teaching responsibility, kindness to animals and stroking a pet and loving it will create empathy in your child and is even known to be therapeutic.
- Talk about where they live, what food they eat, what they look like, which family they belong to, relate some of these characteristics to humans.

# The Outside World

- Try to get outside at least once a day, a change of scenery will do everyone some good.
- Just dress appropriately for the weather – again there are keywords here that can be reinforced.
- Each morning you can do circle time

with them and talk about what day it is, what the weather is like, which holidays are coming up or anything your child brings up.





# Sensory exploration. Engaging all 5 senses



- There are some fabulous ideas that you can recreate for your toddler, remember to talk about what they're playing with reinforcing keywords.
- Use lots of textures and don't be afraid to experiment.
- If you can't get hold of a real one, any large tray will do.
- Think about skills such as pouring, shaking, moving,
- Keywords such as bigger, smaller, tiny, huge, hot, cold and so on.
- Use the materials to spell the letters in their name
- Don't worry about 'learning' that will happen naturally as their brains will make connections automatically.

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For more ideas download the full guide from our website  
[www.lovelearningonline.co.uk](http://www.lovelearningonline.co.uk)

# **General tips:**

Keep a box of recyclable items - newspaper, cereal boxes, empty plastic bottles for junk modelling. Don't let it overflow - just one box!

You can always go to the pound shop or other discount stores to buy the small things you need for crafts, (the links here have been given for convenience!)

Try to think outside of the box for items that can be used more than once and can be used in multiple ways.

Have a system for keeping things stored so you can easily find them when you need them. The simplest way is to find some simple shelving and maybe a plastic drawers system but again you don't need to spend extra, use what you have.



We hope you enjoyed perusing this guide and encourage you to use it whilst teaching your toddler.

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# 5 TOP TIPS On Raising *Bilingual* Children



Introducing your mother tongue into your homes is a challenge. Most of us are struggling as we don't have time. We may find ourselves working outside the home and our children may be juggling multiple tuition sessions and even extra-curricular activities. We are not surrounded by our native language. We do not live in our country of origin. At best, our next generation, will understand the language but not speak it. No matter how pure our intentions are to introduce and maintain learning the mother tongue with our children, you may find that it's not happening!

Well, fear not! Urdu Adventures is here to help. Here are 5 Top Tips to make your journey a whole lot easier. Let's get straight into it!

## 'Say the full sentence in English and in the mother tongue'

This is a tip that's easily overlooked when teaching children a foreign language. The idea is to follow up commands, common words and phrases in the mother tongue.

### Step I Use Dual Sentences

For example, 'Drink your water' in Urdu is 'Paani pee lo' (or you could use "le" to imply respect so when the child says it to someone older they do not need to convert lo to le).

Here, you're helping your child build lasting connections. It will give them the confidence and reassurance they need and they will begin to imitate you.

Yes, the impact you have on your child's vocabulary is bigger when you begin at an early age but you can also get dramatic results when your child is older!

The key is to continue no matter what. Because they WILL use the new vocabulary you are presenting to them! You are building their confidence step by step, day by day. You WILL see a difference! I promise you!



"Drink your water"  
"Paani pee lo"

## Step 2 Make It fun!

One great thing that the internet offers is a multitude of videos in any language that are readily available lately. Make the most of this to increase your child's vocabulary in your mother tongue. See it improve daily, with minimal effort from yourself.

Watch videos

Top Tip: Erturgrul is in how many languages?!

Watch cartoons

The more fun it is, the more your child will connect with the story line, characters and language! Your child is likely to enjoy cartoons in the language they are the most familiar with, so even if they can manage five minutes here and there, go with it! It will all add up in the long run.

Watch nursery rhymes

Rhythm and rhyme will help cement vocabulary into your child's brain. We once ran an Urdu Competition in the Urdu Adventures Private Facebook group, and the children learnt a song called 'Bulbul Ka Bacha'. It was short and funny so they kept repeating it. It was a fantastic way to encourage them to pick up a range of vocabulary quickly.

Watch Prophetic and  
Quranic stories

A huge bonus is creating a tangible connection with our deen through the language. Use the wide array of online content about Islam in your mother tongue and you won't be disappointed.

Special Occasions

Relate new vocabulary to the occasion. For example, in Ramadan – 'I will keep the fasts' is 'Main bhi rozeh raku ga'. There's a lovely song sang by a little boy on this too. Bringing Urdu into your child's home environment like this will help them to build connections throughout the year, which means they will pick up the language more naturally in daily conversation.

The mother tongue vocabulary they build and learn will not be limited to only learning via formal lessons. It will be based around emotions instead. Whether your child is happy or sad, they will pick up the appropriate language. Throughout the year, whatever season they are in, they will hear vocabulary connected to it and it will increase their love for it. This is how you can bring your mother tongue into your child's life in a tangible and practical way. I truly believe that it is our job, as parents, to bring it into our child's life like this.

Not only that, listening to Ramadan and Eid songs in your mother tongue with your children will help your child develop the excited emotions connected with the special occasion. This will build a relationship with the language, which is something that they will remember when they're older which will trigger a feeling of happiness and joy. I'm a huge advocate of teaching them using all their senses and emotions. The connection and love WILL develop. I've seen it happen with my own children and my students time and time again.

### Eid Songs

I especially love and recommend this beautiful song when trying to teach children Urdu, by Heera Gold called 'Shab Ko, Shab Ko, Eid Mubarak!' My 4 year old daughter picked this song up, around Eid time this year. She really enjoyed it as it was so catchy. I can't explain the feeling I got when she was going around saying to everyone, 'Shab ko shab ko Eid Mubarak.' I want you to experience that so you have to try these things yourself. If it works for you, do come back and let me know!

Even if your child picks up one or two sentences, that's enough. They can build up on this knowledge. Don't push them too much. Stop while it's still fun for them.

Use this as an opportunity to play games while watching content online together in your mother tongue.

For example, pick a particular word your child has to listen out for while watching something. Explain what the word means before the episode or song begins and ask your child to count how many times it comes up. That's how you can build their bank of vocabulary in an easy and practical way.

## Step 3 Environment & Exposure

### Eid Cards

At Urdu Adventures, I concentrate on conversational Urdu, I don't teach reading and writing. Even so, this activity is nice because the children do love recognising their own name in Urdu. I've noticed that children usually love writing their name everywhere and in every language, especially when they are young.

When they make cards for family members, children enjoy signing their name in English don't they? Why not maximise on this feel-good action, by teaching them how to sign their name in the mother tongue too? It's a beautiful way to increase their connection to the language and it's a lot of fun too!

This activity is geared towards older children. Try labeling objects in the home, in both languages. For example, if you have a party at home, you might have food labelled on the table: A drink's station, vegetarian option, chicken etc. Ask your child to label objects at each station in both English and in the mother tongue. They will need to write water and pani. Pani as in P-A-N-I. The transliteration is used so that they can easily read it phonetically, and learn it without having to master the Mother tongue script. They will write it and learn it through repetition. For the younger children, we'll simply be saying it to them. Get them to do this again and again and they will remember it. These words will then become part of their normal vocabulary.

### Baby books

If you dig out some old baby books for example, books on opposites, facial features, shapes, colours, numbers etc. You can put a Post-It note directly onto the page with the word in the mother tongue language on it. For example, for a page with 'one' written on it, you can write 'aik', on the page with two, 'do' and three, 'teen' etc. You can then cover up the Urdu word and ask your child to say the word in Urdu for you. You can test them and they can test you. If they have siblings, they can test each other and turn it into a game.



## Step 4 Use English and the mother-tongue.

Let your child use English words in their mother-tongue sentences and vice versa.

For example, 'I want to drink some pani'. You may find that they just replace one word in an otherwise English sentence. Let that be and encourage that. The more you encourage that, the greater the chance the other words in that sentence will change too.

Let them mix. Don't be too strict. It really will come to your children in time. I've seen this in my students again and again. In Level 1 of my Urdu course, the children learn to say a whole sentence, for example, 'Doctor ki surgery kahan hai?' (where is the Doctors surgery?). In this lesson, I teach them to replace 'doctor ki surgery' with anything they like in that sentence, and they do! They use anything, including English vocabulary, and it works.



## Step 5 Games



### Room-Based I spy

Talk about something in the room that you're in. Think of specific vocabulary related to that room only. Concentrate on one word a day or a few words at once, it's up to you. Go with your child's capacity and eagerness to learn the mother tongue. Choose a word and then translate it and have everybody guess it. For example, when you're in the Living Room you might think of: the sofa; the mirror; the clock; the fire etc. Once you have built up a bank of words in the mother tongue connecting to that room, you can go on to play I Spy using that particular word set. Soon, your child will be thinking up vocabulary for you!

### Themes

Colours; Body Parts; Food; Seaside. Create a connection based on an overall theme. Pick a topic that your child is interested in. For example, if your child is into farms, base your vocabulary around that: ducks; tractor; corn; fields etc.

In another example, if you've chosen Food, think of the colours of the food, the shapes of the food and then you can also name the food. Even if you start with one word, that will be great. And then, depending on how big the topic is, it can last one or two weeks in your home, where you're introducing a word or two a day. For example:

Week 1- Colours

Week 2- Food

Week 3 – Colours and Food etc.

Build up on it as you go along. Play it continuously so that your child feels that he or she can contribute.

## Hangman

Use a word from the games vocabulary you are building and play the traditional hangman game with it. Have fun!

Here we are using the English alphabet. The word is in the mother tongue but it is transliterated and is written with a phonetic spelling. You can also use the words you are already learning, via I Spy etc here.

## Ludo

Vocabulary to use here:

Your turn/My turn—you can bring in masculine and feminine

'I won!'

Emotions- I'm happy!'

Colours – 'I'm blue!'



And there we have it. My 5 Top Tips For Raising bilingual Children. Hope you enjoyed reading through these and that you now feel motivated enough to begin making this spectacular change in your own home.

I have to remind you though, that not everything comes easy. It can be a struggle to implement and show up throughout this journey, if your WHY (your reason for doing this) is big enough, it will carry you through.

## What Do I Mean?

Keep reminding yourself WHY you're doing this. Think about what you wish to gain from it and it will help you to continue with your mission to get the mother tongue into your home forever.

Five really important WHYS to consider are:

1. You will be building a lasting connection with their culture
2. They will be able to converse more easily with family members
3. They will form a connection with their motherland
4. Their confidence to speak will increase. They will find it easier to converse with shop keepers and neighbours.
5. By learning a new language, their cognitive abilities will increase, making them even more intelligent in the process.

If it's not big enough, this isn't going to happen!

## And finally a quick note on the fact that 'We Are So Behind!'

If you look at how other languages are taught, some very cool apps and websites have been introduced. There's been a lot of investment in all these areas to help children to develop their skill sets. Community languages are really far behind. This is why bringing the mother tongue into the home becomes the parents' job instead. The hard work and consistency that is required to bring about this transformation has to come from the parents. And this is another reason why that WHY is paramount. However, we are hopeful that times are changing and the number of relevant apps and websites will increase in the future.

## To Summarise

As a parent, creating a learning environment and supporting your child through his or her learning process at home is super important. I've given you 5 Top Tips to help you to achieve this.

The message that resonates throughout the reading of these tips is that it's always a good idea to introduce the mother tongue in many mediums (via songs, stories, special occasions etc) throughout the year. Your child will connect with the language at a deeper level each time you bring it into their world. They will experience a range of emotions connected to their mother tongue too. This will help them to build a deep connection with the language in their everyday family life.

The relationship they have with the mother tongue will be nurtured and their confidence increased. It will become a part of their natural environment and cease to simply be another 'subject' they have to learn. Playing daily games together will improve their range of vocabulary and, above all, make it fun. If you stop before it gets tiresome for your child, you're encouraging positive growth and increased motivation. Soon, your child will be the one to initiate these games!

Everything I have mentioned today emphasises the fact that it is our job as parents to supplement our child's learning of the mother tongue in the home, whichever way we can. It's important for the children to absorb the Mother tongue learn Mother tongue, speak Mother tongue and feel Mother tongue through you every day. They will develop a strong bond and connection with Mother tongue that will last a lifetime.

Bring the Mother tongue Language into your life consistency by using these simple steps. They do bring about change. And you can enjoy the process too!

If you need help or support with this, you can contact me at Urdu Adventures via Facebook.



Private Urdu Adventures Group:

<https://www.facebook.com/groups/183866955828725>



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<https://mailchi.mp/f84f747e87a0/urdu-adventures>

Remember to keep in touch and let me know how it goes. I look forward to hearing from you!

*Salma Zaffar*

# Let's learn to make Wudu



1. Say "Bismillah" (In the name of Allah) and intend to make your Wudu (Ablution). If you're in a bathroom with a toilet, then it is better to say "Bismillah" in your heart without pronouncing the words.
2. Wash your Hands 3x. Make sure to move rings on your fingers so that the water reaches every part of the hands.
3. Rinse your Mouth 3x.
4. Rinse your Nose 3x. Be careful when pulling up the water into the nose, then blow the water back out.
5. Wash your face from the top of the forehead to the chin up to both ears 3x.
6. Wash your right Arm 3x from the fingertips up to the elbow.
7. Wash your left Arm 3x from the fingertips to the elbow.
8. Wipe with your wet hands over your hair from the forehead to the neck 1x.
9. With your hands still wet, wipe over your ears. Make sure you reach every part of them 1x.
10. Wash your right foot 3x.
11. Wash your left foot 3x. Make sure every part of the feet's skin is covered with water.
12. Say the Dua (if you are in a bathroom with a toilet you can say it after you leave the bathroom):

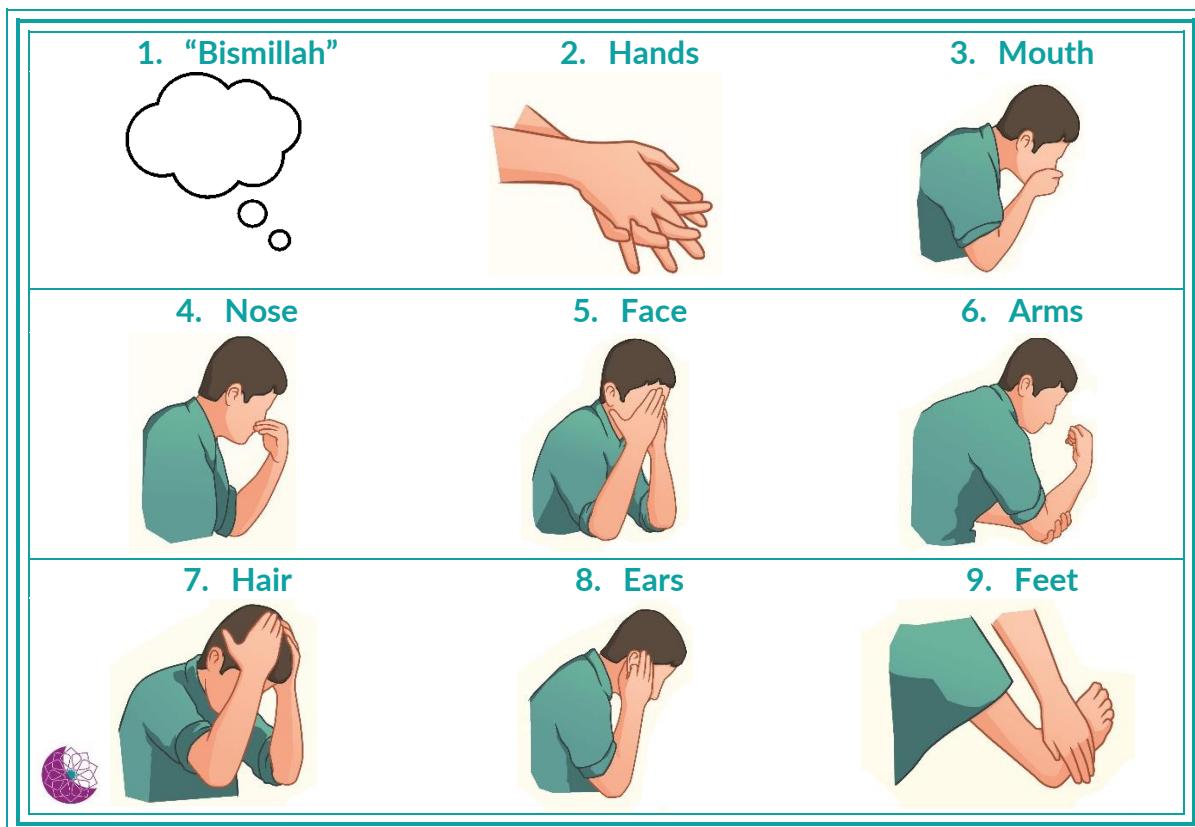
**اللَّهُمَّ اجْعِلْنِي مِنَ التَّوَابِينَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ**

"Allāhumma-j' alni min At-Tawwābin wa-j' alni min Al-Mutatahhirin!"

"O Allah, make me among those who turn to You in repentance, and make me among those who are purified."

Please note that there are different opinions about the description of how to make Wudu.

Cut out the Picture, laminate it and hang it up in your bathroom in order to remember the order:



# Our 5 daily prayers

Learn the prayer names in Arabic!



Our Prophet Mohammed ﷺ taught us to pray 5 times a day.

These prayers are very important for us, because after we die the first thing we will be asked about is if we made them correctly. This is shown in the following hadeeth:

"The first matter that the slave will be brought to account for on the Day of Judgment is the prayer. If it is sound, then the rest of his deeds will be sound. And if it is bad, then the rest of his deeds will be bad." (Recorded by At-Tabarani, Sahih)

We pray **Fajr** when you see the first morning light and before the sun has risen completely. It has **2 Rakat**.

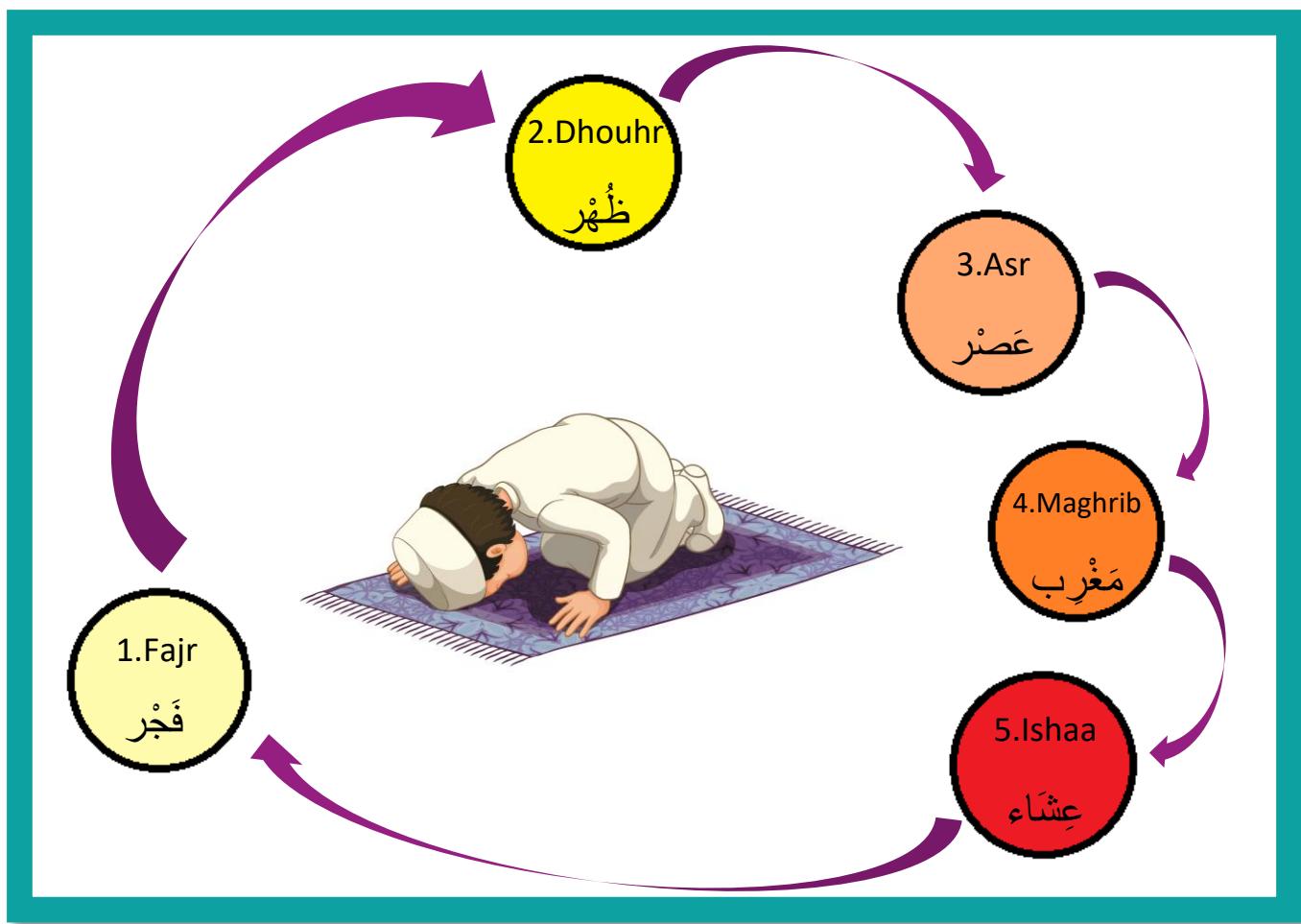
We pray **Dhouhr** when the sun is standing in its zenith. It has **4 Rakat**.

We pray **Asr** when the sun came half way down again. It has **4 Rakat**.

We pray **Maghrib** when the sun is starting to set behind the horizon. It has **3 Rakat**

We pray **Ishaa** when the sun has set completely and before (the Islamic) midnight. It has **4 Rakat**.

Our five daily prayer-times are related to the position of the sun. Learn the Arabic names and the order of our prayers with this picture:



# The Adhan

The Islamic call to prayer



The Adhan is read in the mosque to signalize that the prayer-time has arrived. The Adhan is very strong against the devil (shaytan). This is why it is a good thing to read the Adhan at home when prayer-time arrives. Learn to say the Adhan in Arabic:

4x

الله أَكْبَرُ

'Allāhu 'akbar

Allah is the greatest

2x

أَشْهُدُ أَنْ لَا إِلَهَ إِلَّا اللهُ

'ašhadu 'an lā 'ilāha 'illā-llāh

I bear witness that there is no deity but Allah

2x

أَشْهُدُ أَنَّ مُحَمَّداً رَسُولُ اللهِ

'ašhadu 'anna Muhammada rasūlu-llāh

I bear witness that Muhammad is the Messenger of Allah

2x

حَيَّ عَلَى الصَّلَاةِ

ḥayya 'alā ṣ-ṣalāh

Hasten to the prayer

2x

حَيَّ عَلَى الْفَلَاحِ

ḥayya 'alā l-falāḥ

Hasten to the salvation

 2x (Fajr  
prayer  
only!)

الصَّلَاةُ خَيْرٌ مِنَ النَّوْمِ

aṣ-ṣalātu khayrun mina n-nawm

Prayer is better than sleep

2x

الله أَكْبَرُ

'Allāhu 'akbar

Allah is the greatest

1x

لَا إِلَهَ إِلَّا اللهُ

'ašhadu 'an lā 'ilāha 'illā-llāh

I bear witness that there is no deity but Allah



# The Iqamah

The second call to prayer



After the Adhan we have a second call to prayer which is called Iqamah. The Iqamah is shorter than the Adhan and normally read a bit faster. It signals the believer to stand up and line up because the prayer will start immediately after the Iqamah.

If you pray in congregation with others use the time of the Iqamah to stand in lines – foot on foot and shoulder on shoulder (men and women!). If you pray alone you can still read the Iqamah while you are facing the Qiblah (prayer direction).

2x

الله أَكْبَرُ

'Allāhu 'akbar

Allah is the greatest

1x

أَشْهُدُ أَن لَا إِلَهَ إِلَّا اللهُ

'ašhadu 'an lā 'ilāha 'illā-llāh

I bear witness that there is no deity but Allah

1x

أَشْهُدُ أَنَّ مُحَمَّداً رَسُولُ اللهِ

'ašhadu 'anna Muhammada rasūlu-llāh

I bear witness that Muhammad is the Messenger of Allah

1x

حَيَّ عَلَى الصَّلَاةِ

ḥayya 'alā ṣ-ṣalāh

Hasten to the prayer

1x

حَيَّ عَلَى الْفَلَاحِ

ḥayya 'alā l-falāḥ

Hasten to the salvation

2x

قَدْ قَامَتِ الصَّلَاةُ

qad qāmati-ṣ-ṣalāh

The Prayer has been established

2x

الله أَكْبَرُ

'Allāhu 'akbar

Allah is the greatest

1x

لَا إِلَهَ إِلَّا اللهُ

'ašhadu 'an lā 'ilāha 'illā-llāh

I bear witness that there is no deity but Allah

الله أَكْبَرُ      الله أَكْبَرُ      الله أَكْبَرُ



Repeat 1–8



التحيات لله والصلوات والطيبات، السلام عليك أباها النبي ورحمة الله وببركاته، السلام علينا وعلى عباد الله الصالحين، أشهد أن لا إله إلا الله وأشهد أن محمداً عبده ورسوله، اللهم صل على محمد وعلى آل محمد كما صليت على إبراهيم وعلى آل إبراهيم إنك حميد مجيد، اللهم بارك على محمد وعلى آل محمد كما باركت على إبراهيم وعلى آل إبراهيم، إنك حميد مجيد.

الله أكْبَرٌ



سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، وَتَبَارَكَ اسْمُكَ، وَتَعَالَى جَدُّكَ، وَلَا إِلَهَ غَيْرُكَ أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ الرَّحْمَنِ الرَّحِيمِ مَلِكِ يَوْمِ الدِّينِ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرَ المَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ اللَّهُ أَكْبَرٌ

Fajr (2 Rakat): Continue with 11

Dhouhr/Asr/Ishaa (4 Rakat): Repeat 1–8 two more times)

Maghreb (3 Rakat): Repeat 1–8 one more time)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْفَقِيرِ ، وَمِنْ عَذَابِ النَّارِ ، وَمِنْ فَتْنَةِ الْمُخَيَا وَالْمُمَّاتِ ، وَمِنْ فَتْنَةِ الْمُسِّيْحِ الدَّجَّالِ



السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ



السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

(3x) سُبْحَانَ رَبِّيِّ الْعَظِيمِ



سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ



رَبَّنَا وَلَكَ الْحَمْدُ

الله أكْبَرٌ



(3x) سُبْحَانَ رَبِّيِّ الْأَعْلَى

الله أكْبَرٌ



(2x) رَبِّ اغْفِرْ لِي

الله أكْبَرٌ



(3x) سُبْحَانَ رَبِّيِّ الْأَعْلَى

الله أكْبَرٌ



The Sujud (6) is the best position to ask Allah for whatever you wish for.  
The Ruku (3) is the best position to thank Allah.

After your prayer you can speak some Dua and remember Allah before you stand up.  
A child should pray every prayer from the (Islamic) age of 7. From 12 years on it becomes a must.  
There are several different wordings for prayer. These are taken from authentic Ahadeeth.

## Repeat 1–8



All compliments, prayers and pure words are due to Allah. Peace be upon you Oh Prophet, and the mercy of Allah and His blessings. Peace be upon us and on the righteous slaves of Allah. I bear witness that there is no God or deity worthy of worship except Allah. And I bear witness that Muhammed is His slave and Messenger. Oh Allah, send prayers upon Muhammad, and upon the family of Muhammad, as You sent prayers upon Ibrahim, and upon the family of Ibrahim. Indeed You are Praiseworthy, Most Glorious. And send Your blessings upon Muhammad, and upon the family of Muhammad, as You sent blessings upon Ibrahim and upon the family of Ibrahim. Indeed You are Praiseworthy, Most Glorious.

Allah is the Greatest



How perfect you are O Allah, and I praise You. Blessed be Your name, and lofty is Your position and none has the right to be worshipped except You. I seek refuge with Allah from Satan the accursed. In the name of Allah, the Most Beneficent, the Most Merciful. (1) Praise be to Allah the Lord of the Worlds (2) The Most Beneficent, the Most Merciful (3) Master of the Day of Judgment (4) You alone we worship and in You alone we seek help (5) Guide us along the straight path (6) The way of those whom You have favoured, Not the way of those who have earned Your anger, Nor of those who have gone astray (7)

Fajr (2 Rakat): Continue with 11

Dhouhr/Asr/Ishaa (4 Rakat): Repeat 1–8 two more times

Maghreb (3 Rakat): Repeat 1–8 one more time)



May Allah's peace and mercy be upon you.

Glory be to my Lord the Supreme (3x)



May Allah's peace and mercy be upon you.

Our Lord, and to You belongs the praise  
Allah is the Greatest

Glory be to my Lord the Most High (3x)

Allah is the Greatest



This PDF is an English version to understand the meaning of the Islamic prayer. It is meant to be an addition to the Arabic version published by MyMoon.

The Islamic prayer cannot be read in English language. It must be read in Arabic.

For everyone with difficulties to read the Arabic text we will publish an Arabic-Transcript version with English letters in sha Allah!

Oh Allah, forgive me (2x)

Allah is the Greatest



Glory be to my Lord the Most High (3x)

Allah is the Greatest

## Repeat 1–8

at-tahīyātu li-llāhi, wa-ṣ-ṣalawātu wa-ṭ-ṭayyibātu. as-salāmu ‘alayka ayyuhā n-nabīyu wa-rahmatu -llāhi wa-barakātuhu. as-salāmu ‘alaynā wa-‘alā ‘ibādi -llāhi ṣ-ṣāliḥīna. ‘ashhadu al-lā ‘ilāha ’illā -llāhu wa-‘ashhadu ‘anna muḥammadan ‘abduhū wa-rasūluhū.

Allāhumma salli ‘alā muhammad, wa ‘ala ‘āli muhammad, kama sallayta ‘alā ‘ibrahim, wa ‘ala ‘āli ‘ibrahim. ‘innaka hamidum majid. allāhumma bārik ‘ala muhammad, wa ‘ala ‘āli muhammad, kama barakta ‘alā ‘ibrahim, wa ‘alā ‘āli ‘ibrahim. ‘innaka hamidum majid.

Fajr (2 Rakat): Continue with 11

Dhouhr/Asr/Ishaa (4 Rakat): Repeat 1–8 two more times

Maghreb (3 Rakat): Repeat 1–8 one more time)

allāhumma ‘innī ‘a’ūthu bika min aqābil-qabri, wa min ‘adābi jahannama, wa min fitnatil-mahyā wa-l-mamāti, wa min ḥarri fitnati masīhid-dajjāl.

as-salāmu ‘alaykum wa rahmatu llāh.

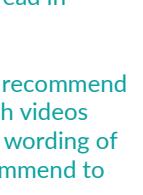
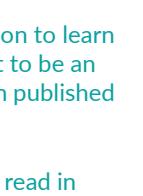
as-salāmu ‘alaykum wa rahmatu llāh.



This PDF is a Transcript version to learn the Islamic prayer. It is meant to be an addition to the Arabic version published by MyMoon.

The Islamic prayer cannot be read in English language. It must be read in Arabic.

In order to avoid mistake we recommend to learn with a teacher or with videos about how to pronounce the wording of the prayer. We strongly recommend to learn reading in Arabic.



Allāhu akbar



subhānaka allāhumma wa-bi-hamdika wa-tabāraka-smuka wa-ta’ālā jadduka wa-lā ‘ilāha ḡayruk.  
 ‘a’ūdū bi-llāhi mina š-ṣayṭāni r-rajīm.  
 bismi l-lāhi r-rahmāni r-rahīm. (1) ‘al ḥamdu lillāhi rabbi l-‘ālamīn (2) ‘ar rahmāni r-rahīm (3) Mālikī yawmi d-dīn (4) ‘iyāka na’budu wa’iyāka nastā’īn (5) ‘ihdinā š-ṣirāṭa l-mustaqīm (6) Ṣirāṭa l-lazīna ‘an’amta ‘alayhim, ghayri l-imaghḍūbi ‘alayhim wala q-dāllīn (7)

subhāna rabbīya l-‘azīm (3x)

sami‘a-llāhu li-man ḥamidah

rabbanā laka l-ḥamad  
Allāhu akbar

subhāna rabbiya l-a’lā (3x)  
Allāhu akbar

rabbī ghfir lī (2x)  
Allāhu akbar

subhāna rabbiya l-a’lā (3x)  
Allāhu akbar

# The Dua after the prayer

Learn Dua in Arabic!



After praying it is recommended to sit for a bit and remember Allah. Our Prophet ﷺ taught us some Dua (Invocations) for after the prayer. These are:

أَسْتَغْفِرُ اللّٰهِ

أَسْتَغْفِرُ اللّٰهِ

أَسْتَغْفِرُ اللّٰهِ

I seek forgiveness in Allah   I seek forgiveness in Allah   I seek forgiveness in Allah

اللّٰهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ

O Allāh, You are As-Salām and from You is all peace.

ثَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Blessed are You, O Possessor of majesty and honour.



# HOW TO BEAT THE MUM GUILT

The 7 Day Parenting Journal  
for Muslim mothers

Property of \_\_\_\_\_

Daily Practice for Lifetime of Happiness



How to beat the Mum Guilt, The 7-Day Parenting Journal for Muslim Mothers

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Careful attempts have been made by RYS team to ensure that the content is useful, beneficial and error-free.

Shall you notice any printing errors or have further suggestions to improve this publication, please email us at [info@raising-scholars.com](mailto:info@raising-scholars.com)

JazakAllah khayr and Happy Journaling!!!

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# DAY ONE: WHAT'S MUM GUILT?

I often hear from mothers “I feel terrible about this” or “I feel so guilty about that”. Mum guilt is a real thing. And unless taking an antidote, it can be self-distorting, damaging and mentally exhausting.

Answer yes or no.

*Do you suffer from mum guilt?*

Answer the questions below.

*What's mum guilt?*

*What exactly do you feel guilty about? List at least three things.*

Mum guilt is a mixture of feelings namely self-doubt, anxiety and uncertainty. Many of us have been there- these feelings keep creeping up in our mind because we think we are failing and falling short of society’s expectations of being a ‘good mother’.

There are so many categories of it- ‘working mum guilt’, ‘yelling mum guilt’ or ‘spanking mum guilt’. You name it. What if you are a home-educated mother at that? A mother who took 100% responsibility for her child’s academic education will suffer an extra layer of mum guilt- Am I doing it right? Am I teaching what the child is supposed to learn at this age? Am I overdoing it? Am I underdoing it? Is she academically at the level or below level?

Depending on each family’s circumstances and children’s temperament mum guilt may form its own unique characteristic for each mother. In the next few days, you will be exploring more about mum guilt through this journal and learn how to beat it.

# DAY TWO: WHAT IS THE ROOT CAUSE – GET TO THE BOTTOM OF YOUR MUM GUILT?

Today we are bombarded with opinions all around. There are so many parenting books available suggesting what to feed your children, when to potty train your toddler, how to talk to your teenager, how to raise girls, how to raise boys- each full of never-ending suggestions.

I have enjoyed reading a great deal of those books myself. All is good because we have access to resources, child studies and psychological findings that were never available to the previous generation of parents. And yet with so much information at hand, we are more bewildered than ever.

Sometimes I wonder if the information overload leads to feelings of guilt too. Do you agree?

Moreover, most mothers feel guilty not because they are failing as a mother but because most of the guilty feelings stem from one's own childhood. If we were made to feel guilty for our shortcomings as a child, it is only natural we pass this on to our children.

For example, I and my siblings were never allowed to make childish mistakes in our household. Each childlike accident was perceived as being intentional. Sometimes I felt guilty for being impatient, sometimes I felt guilty for being unreasonable and other times I felt guilty for not measuring up to my parent's expectations. All of these are signs of immaturity in children and if we can't be immature as a child then when?

Generation after generation we pass on this guilt feeling because we can't tolerate childlike immaturity. We continue to raise children who feel guilty about normal childish behaviour.

Journal your answers and thoughts below

*Look back at your childhood and spend some time with the little seven or eight-year-old you.*

*Remember your childhood home. Where were you?*

*Who were the most dominant figures in your life?*

*Were your childhood needs met as a child? Your needs to be seen, heard and understood?*

*Did you feel you were accepted and embraced for who you were?*

*Or were always feeling awkward and guilty about your peculiarities?*

These childhood experiences and the attitudes we buried deep in our subconscious mind shape most of our worldview and affect most of our parenting choices and decisions. It is important to understand the root cause of guilt and to be able to validate and accept the little you.

# DAY THREE: HOW HELPFUL IS MUM GUILT?

In my just a little over a decade of parenting, I realized mum guilt is counterproductive. Instead of moving you forward, it paralyzes you. When we feel guilty, we become hopeless. Mum guilt may even lead to feelings of self-hatred. And when that happens, we can't take the actions needed to change whatever needs changing.

One mother recently disclosed to me "I'm such a rotten mother that it's hopeless to try to improve things now" That is what guilt does. It keeps you stuck. I'm not suggesting we should never feel guilty. What I am suggesting we should forgive ourselves in those moments, regret what we had done and move on.

For example, you hit your child in a moment of anger. Afterwards, you start feeling guilty. If you don't forgive yourself in that moment, you will look for ways of self-punishing. You drop the bowl in your hand, you bang the door and may even start yelling. All you are trying to do is to disguise those tormenting guilty feelings. However, if you forgive yourself in that moment, you regret what you had done and say to your child "What you had done made me very angry. But I wish I had not hit you. I am sorry." Regretting is quite okay but prolonged feelings of guilt aren't.

Always choose to forgive yourself and regret. Move on with ease but plans to do things better next time.

Write three things you can do daily to practice self-compassion (for example, I will practice positive self-talk)

I will...

I will...

I will...

# DAY FOUR: HOW TO BEAT THE MUM GUILT?

First of all, we have to get to the root cause of the issue. What is making you feel guilty - spanking, yelling, screaming, extra screen time, not being able to spend more time with your child due to work, not being able to cook at home more often, not feeding healthy food (too many takeaways/sweets/cakes), not doing enough Ramadan activities or Mathematics/English and Science lessons. It could be a mixture of things but there usually are one or two dominating guilt factors.

*Journal below what's your dominating guilt factor?*

Moreover, beware of your thoughts, especially those recurring thoughts that unconsciously crawl up your mind when you are cooking, cleaning or doing some other work. What are they mostly about? Get them out of your head and jot them down in a paper. We will be learning how to formulate an action plan based on these conclusions later on insha'Allah.

*What do you think about most of the time while cooking, cleaning or doing other chores?*

Second, stop comparing yourself to others. Nowadays, with the increase of Social Media, everyone's lives and opinions seem to be within our reach. So much available at our fingertips adding to feelings of guilt. The truth is, those mums who seem to be so confident on social media platforms- they are just as scared as you in real life. They are just as worried regarding their children as you. Those mums whose houses seem so clean and organized at all times in your Instagram stories- they may have a big pile of mess just behind the camera. They may have an Instagram proof corner while the rest of the house may be untidy. Social media and instant gratification have added an extra burden and pressure on motherhood. Stop comparing yourself and ease off the pressure.

The truth is we all have weaknesses and weak moments. However, we all project our strengths and strong moments to the outside world. You can't compare your weak moments to someone else's strong moments. We never know someone else's full story and the grass is never greener on the other side.

Third, accept and validate yourself. I am who I am - with all my shortcomings, insecurities and vulnerabilities. A mother who can't embrace her authentic self will find it difficult to accept her children for who they are. Know that there is no such a thing as a perfect mother. Every one of us is flawed. Every mother has yelled, spanked, screamed and cried at some point. None has ever scored 100% in this parenting game.

Remember, you are a strong woman and every strong woman can have a weak moment. Don't let those weak moments define you.

Copy the following statements and repeat it to yourself verbally (outloud)

I AM WHO I AM – WITH ALL MY  
SHORTCOMINGS, INSECURITIES AND  
VULNERABILITIES.

I CAN'T BE A PERFECT MOTHER  
BECAUSE THERE IS NO SUCH A THING  
AS PERFECT MOTHER. BUT I CAN BE A  
GOOD MOTHER.

I AM A STRONG WOMAN BUT I CAN  
HAVE A WEAK MOMENT.

# DAY FIVE: PRACTICE SELF- COMPASSION

Often it feels like you can never win as a mother. You feel guilty for not spending quality time with your teenager and when you do you feel guilty for 'neglecting' the little ones. You feel guilty for allowing too much screen time and when you cut it off you feel guilty that your children are 'less' aware of what goes on in the outside world. They are wrapped up in a bubble and you worry what will happen to them once the bubble wrap bursts. Motherhood is the most challenging role we will ever take. And mum guilt- feeling not good about ourselves when fulfilling this role- will leave us bewildered, confused and often mentally exhausted. It will prevent you from functioning your best as a mother.

Most feelings of guilt reflect our attitude towards ourselves rather than our children. When nothing seems to be going right, we conclude that we're incompetent in 'motherhood' department. We assume that the 'guilty' situation we are caught up in will last forever. We assume we have damaged our kids and things will never turn around. Children often sense such things and live out our assumptions for us. Therefore, you have to change your attitude towards yourself. Practice self-compassion. How would you speak to a friend who is feeling guilty? You'd be so kind. You'd tell her she's doing great; she's doing her best. You'd tell her things will get better. Do the same for yourself. Positive self-talk and self-affirmation will help.

*Write three positive self-affirmation statements below*

1.

2.

3.

## DAY SIX: ACTION PLAN

Once we tackle the internal battles, the best antidote for mum guilt is taking an action. You validate yourself. You consciously trying to change your negative, anxious and worrisome thoughts. And if you are still feeling guilty – perhaps it is a good indicator that some things must be changed. Answer the questions below in writing

*What can you do differently?*

*Stop screaming or yelling?*

*Stop overreacting?*

*Start connecting and bonding?*

*What is it that your children do that bothers you the most?*

*How do you usually deal with those situations?*

*Do you disappoint yourself?*

*Now, imagine a different outcome- one which leaves both you and your child happy. How did you get there? What did you say to your child? How did you speak?*

Train your mind to act out your ideal response. Once it is in the mind, it actually gets easier to follow it through in reality. Visualize calm and collected you choosing to respond in each frustrating situation you so you can act upon it when similar situations occur in real life.

# DAY SEVEN: SET HEALTHY BOUNDARIES AND SAY NO TO KIDS WITHOUT FEELING GUILTY

Last but not least, be firm and follow through what you have decided. We don't live to please our children. You make the decisions based on your values- Islamic values, family values, some cultural traditions that don't contradict Islam but rather add meaning and quality to your life.

Once decided, we have to stand by our decisions. As Muslims, we use Qur'an and Sunnah as a criterion to judge what is permissible and not permissible in our daily lives. We have certain rules and regulations that we follow as a believer. But often, when something isn't a matter of clear-cut halal and haram such as video games, mobile ownership or unsupervised outing with peer groups – we don't want our children to be left out. At the same time, we want them to be safe. We suffer from indecision when it comes to certain matters involving our children. Children often sense our indecision and take advantage of it.

If you have certain rules about mobile ownership, gadgets or screen time – children try to make you feel guilty with 'But my friend so and so have a mobile of her own' or 'But my other friends play on the PlayStation two hours daily'. Don't give in to these just because you can't bear your child's disapproval. Unfortunately, our minds are loaded with never-ending adverts and children are bombarded with useless entertainment products. As such we have become a culture that wants what it wants when it wants it and parents have been caught right in the middle of this tide.

It's wonderful that our children can speak up their mind. However, it is not so wonderful that we seem afraid of our own children; afraid to say NO; afraid to deal with their natural reactions of being upset. Children need laughter as well as tears. Saying NO is quite okay. Even if you feel like a fish swimming against the stream, say NO when needed without feeling guilty.

I often feel like a party pooper for not allowing children to attend birthday parties, sleepovers or reading certain popular books with elements of magic, wizards and witches. If it is not a clear-cut matter of haram or halal Islamically, trust your gut instinct and follow your intuition. To beat the mum guilt, you can say NO with discussions, explanations and sincere sympathy for a child's frustration.

Journal your answers below

*What rules do you have in place in your household that your children use to make you feel guilty?  
How can set healthy boundaries without feeling guilty?*

#### FINAL THOUGHTS

Congratulations and Mabrook on completing the 7-Day Mum-guilt parenting Journal!!! MashaAllah, you are here. Well done for not giving up and coming this far. You have dedicated seven days to focusing on overcoming mum-guilt and forming a better relationship with yourself. You chose to focus on your strengths while challenging your insecurities and weaknesses. If you've only journaled for a few minutes daily and completed this 7-day challenge, you will have discovered what it's like to mother guilt-free, mashaAllah. Embracing your raw, authentic and vulnerable SELF can have a transformative effect on your parenting journey. By the will of Allah (S.W.T), the insights, thoughts and answers you have worded in this journal will lead you to a BETTER you, inshaAllah.

Finally, we would love to hear about your experience with this journal, and which reminders, questions and activities you found most useful. If you'd like to share your thoughts feel free to email us at [info@raising-scholars.com](mailto:info@raising-scholars.com)

Thanks for investing your time in our ebooks, events and courses. We hope you enjoyed the journey of journaling with us. May Allah bless you with a peaceful and guilt-free motherhood, Ameen.



Iroda Ahmed is a teacher and teacher-trainer by profession. She is also an educational consultant, parent educator and a seasoned homeschooling mother of six who helps other mothers succeed in their parenting and homeschooling journey. She earned a BA in English and M.Ed in Teaching English in the UK. She has been developing, designing and teaching various courses both in the UK and abroad since 2003. She has also founded Raising Young Scholars, Islamic Online Academy that delivers high quality, interactive and engaging online courses aimed at Muslim women and children.

In addition to her full-time job at a university, Iroda is currently busy developing educational resources and materials at Raising Young Scholars. In the future, RYS is working towards launching an accredited Islamic Online school to equip Muslim children with academic, character-building and life-skills needed to make them the leaders of tomorrow. Teaching is Iroda's passion and she tries to instil a culture of lifelong learning in all her students.



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**BLOOM WHERE YOU ARE PLANTED**  
- amazing journal for women on the path of personal Growth and development.



'Bloom where you are planted'  
Alhamdulilah I thoroughly enjoyed attending this course. It gave me the opportunity to do some self reflecting, to dig into my childhood in order to better understand my present actions or reactions. The course offered a good introduction into personal reflections and how to better understand and manage our relationships with our children and gave some practical tools. Many areas were introduced and discussed such as academics, teaching methods, life skills that I look forward to further explore. It was exciting to be able to start this journey of self development and I am grateful that I was able to be a part of this group that was well facilitated by Iroda mashaAllah. I look forward to attending her future courses.

12:01

**THE WELL PLANNED MUSLIM MUM- JOURNAL AND THE PLANNER** - your ultimate guide to teach you powerful skills which will help you to set and achieve your goals, meet your deadlines and become a professional at home-education.



Salamelaikum, I'm loving the new planner combo version. Love the resources guide all in one place. And the password page. I've printed the whole thing and binded it. If its not too much to ask, I would ideally like a blank ruled paper to journal in, in theme of the planner. I'm absolutely motivated to get back into writing again because the theme and colour combinations are lovely. JazakumullahuKhair, M

